

April 2024

THE PANOLA EXTENSION

A Monthly Newsletter by the Panola County AgriLife Extension office



Panola County AgriLife Extension Service

Address:

316 W. Sabine St.
Carthage, Texas 75633

Phone:

(903) 693-0380

Email:

panola-tx@tamu.edu

Website:

www.Panola.AgriLife.org



Facebook:

[/PCAgriLife](https://www.facebook.com/PCAgriLife)

UPCOMING EVENTS:

- 4/3: A Matter of Balance Class, Central Baptist Church, 9:30am
- 4/4: Agriculture Industry Breakfast, 7:00am , Expo Hall
- 4/8: Panola County 4-H Roundup, 3-6pm, Extension Office
- 4/10: A Matter of Balance Class, Central Baptist Church, 9:30am
- 4/10: Diabetes Support Group Meeting, 10:00am, Sammy Brown Library
- 4/12: Last day to register for The Ronald Barlow Memorial Archery Meet
- 4/12: Master Gardeners Meeting. Noon, Sammy Brown Library
- 4/15: District Roundup Come Alive in D5 entries due
- 4/16: Horticulture in the Evening, 5:30-7:00pm, Sammy Brown Library
- 4/18: Horticulture Spring Tour, Merket Tree Farm, 9am-noon
- 4/23: Come Alive in D5 contestant Orientation, virtual meeting
- 4/26: Mid-Sabine Cattlemen's Conference, Carthage Civic Center, 8:30am
- 4/27: Ronald Barlow Memorial 3-D Archery Meet, San Augustine
- 5/1: Registration for Texas 4-H Summer Fishing opens on 4H Online
- 5/3-4: Come Alive in D5 District 4-H Roundup, Panola College
- 5/9: 4-H Cookin' Night, 5:30pm, Extension Office
- 5/31: Outstanding Club Membership forms due into the Extension Office

In This Issue:

- Eating Healthy? Try These Cheeses
- Mid-Sabine Cattlemen Conference
- Knowing and Growing the Peggy Martin Rose
- Sprayer Management Practices Crucial to Preventing Delays
- Nourishing Nature: The Vital Role Spring Nutrition in Supporting Local White-Tailed Deer Population
- All You Need is YOU! Cardio Exercise without Equipment

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife Extension Service

TEXAS A&M
AGRI LIFE
EXTENSION





Eating Healthy? **Try These Cheeses**

webmd.com/food-recipes/ss/slideshow-cheeses-to-try-for-healthy-eating

Parmesan

Lactose intolerant? Give parmesan a try. In just 1 (grated) ounce, this low-lactose choice delivers 8 grams of protein, 119 calories, and only 3 carbs, without causing tummy trouble. Plus, it's high in calcium and phosphorus, nutrients that help build bone.

Goat Cheese

It's often easier to digest than cheese made from cow's milk because it has different proteins that don't irritate your digestive system. It also has a higher percentage of medium-chain fatty acids, which your body absorbs quickly instead of storing, the way it does with other types of fats.

Feta

This tasty cheese is low in both calories and fat while packing a vitamin B punch. Other nutrients it brings to the table include vitamins A and K, folate, pantothenic acid, iron, and magnesium.

Vegan 'Cheese'

In general, vegan diets can improve gut health and increase your fiber intake. Cheese made from plant-based options such as soy, nuts, seeds, or coconut can be a healthy choice, but pay attention to labels. Some vegan products are overly processed, which takes away from their healthy potential.

Blue Cheese

This tangy, smelly treat is a solid source of calcium. Just one ounce has 15% of your daily recommended value.

Cottage Cheese

This power cheese is packed with nutrients like protein, phosphorus, calcium, and potassium. It's also low in cholesterol and a good source of riboflavin. But it often comes with a load of sodium, so read labels and look for brands that have a lower amount.

Mozzarella

If you're looking for a low-sodium, low-calorie cheese, mozzarella is a smart pick. You also get a dose of probiotics in each serving from the healthy bacteria inside.

Ricotta

The whey in creamy ricotta boasts amino acids -- the building blocks of all proteins in your body. Whey is also good for building muscle, lowering blood pressure, and reducing cholesterol.

Farmer Cheese

Farmer cheese is cottage cheese that's pressed to remove most of the moisture. Because it has less liquid, it also has little to no calcium. But it's low in calories, sodium, and fat while offering a good amount of protein.

Extra-Sharp Cheddar

When you want cheese but don't want to go overboard on calories, opt for a high-flavor option like sharp cheddar. It can satisfy your flavor craving with just a small, bold dose. In addition, all of these cheeses are available in low-fat versions.

Three Cheese Lasagna

dinnertonight.tamu.edu/recipe/three-cheese-lasagna/

- 1 pound lean ground beef cooked
- 1 medium yellow onion chopped
- 3 cloves garlic minced
- 1 28 ounce can crushed tomatoes unsalted
- 1 16 ounce can petite diced tomatoes no salt added
- 1 teaspoon kosher salt
- 2 Tablespoons Italian seasoning
- 2 teaspoons crushed red pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 cup water
- 2 cups 1% cottage cheese unsalted
- 2 cups nonfat mozzarella cheese
- 1/4 cup Parmesan cheese
- 8 ounces lasagna noodles uncooked
- Cooking spray

1. Wash your hands and clean your preparation area. Wash the lid and rim area of the cans before opening.
2. In a large pan, add ground beef and cook until brown.
3. Once the beef is lightly browned, add the chopped onion and garlic to the pan. Cook until the onion turns translucent.
4. Next, add diced and crushed tomatoes, salt, Italian seasoning, crushed red pepper, garlic powder, onion powder, and water and stir together. Reduce heat after 5-10 minutes.
5. Add cottage cheese, 1 ½ cups of mozzarella cheese, and parmesan cheese to a bowl and mix until combined.
6. Spray slow cooker with non-stick cooking spray and add the sauce mixture to the bottom of the slow cooker covering the entire bottom.
7. Next, layer with noodles (noodles can be broken up to better fit the slow cooker) and top with a portion of the cheese mixture.
8. Continue adding layers of sauce, pasta, and cheese mixture until finished. Finish with sauce on top and sprinkle remaining mozzarella cheese to top it off.
9. Cook lasagna on low for 4-4.5 hours. Serve and enjoy!



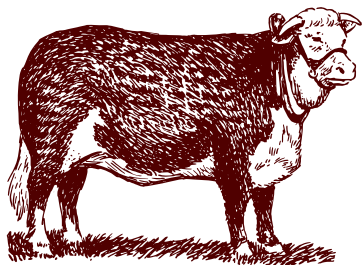
Nutrition Facts: 12 Servings per container, Serving Size 2/3 Cup, Calories 190, Total Fat 3.5g, Cholesterol 35mg, Sodium 560mg, Total Carbohydrate 16g, Protein 24g

Tri County Beef and Forage

April 19, Cherokee County Expo • 611 SE Loop 456, Jacksonville

RSVP by April 15 : 903-683-5416 • Cost \$10

3 CEUs : 1 Laws and Regs, 2 IPM



Topics: Herd Bull Health and Management
Feral Hog Control and The Newly Approved Toxicant
Armyworm and Grasshopper Control
External Parasite Control of Beef Cattle

Mid-Sabine Cattlemen Conference

April 26, 2024 • Carthage Civic Center

1702 South Adams St., Carthage



Program cost \$20 | Register by April 22

Panola County: 903-693-0380 | Harrison County: 903-935-8413

4 CEUs: 1 General, 1 IPM, 1 Picolinic Acid Chemistry Training, 1 Laws and Regs

The eagerly anticipated Mid-Sabine Cattleman's Conference is back for another informative year, brought to you by the collaborative efforts of Panola County AgriLife Extension, surrounding County AgriLife Offices, and industry sponsors. Scheduled for April 26th, this event promises a wealth of knowledge for attendees, with registration starting at 8:30 am and program topics running from 9:00 am until 2:00 pm.

Venue and Registration Details

The Carthage Civic Center Conference Room will once again serve as the host location for the 2024 Mid-Sabine Cattleman's Conference. To secure your spot, RSVPs are requested by April 22nd. The registration fee for this year's program is \$20, offering excellent value for attendees. Moreover, participants will earn Continued Educational Units for private applicators licenses, with 1 General, 1 IPM, 1 Laws and Regulations and 1 Picolinic Acid Chemistry Training units awarded.

Expert Speakers and Program Highlights

Renowned regional experts will grace the stage, sharing their insights and expertise with conference participants. Dr. Vanesa Olson, AgriLife Extension Forage Specialist; Mr. Clint Perkins, County Extension Agent for Smith County; Mr. Rob Brooks, Envu Chemicals Range and Pasture Specialist; and Mr. Darren Rozell, Owner Operator of Rozell Sprayer Manufacturing, are among the distinguished speakers lined up for the event.

Key Program Topics Include:

1. Integrated Pest Management Strategies for Growing Warm Season Forages.
2. Picolinic Acid Chemistry Training: Exploring a New Tool for Weed Management.
3. Weed Identification Techniques and Control Options, featuring a weed identification test with a prize for the highest scorer.
4. Feral Hog Stewardship Training Featuring Kaput Hog Bait.

Engagement and Networking Opportunities

The conference promises more than just informative sessions. Doors open at 8:00 am, with attendees treated to coffee and donuts courtesy of the Panola County Beef and Forage Committee. Additionally, agriculture industry vendors will be present, offering educational resources and networking opportunities throughout the day.

Save the Date and Secure Your Spot

Landowners and cattlemen alike are encouraged to mark their calendars for the Mid-Sabine Cattleman's Conference. Early registration is advised to ensure your participation in this enriching event. For further details and registration, please contact the Panola County AgriLife Extension office at (903) 693-0380 or via email at jldudley@ag.tamu.edu. Remember, RSVPs are required by April 22nd.

Don't miss out on this exceptional opportunity to enhance your knowledge and network with industry experts. Secure your place today!



Strategic Evaluation of Stocking Rates **Vital for Beef Cattle Operations**

By Lee Dudley

Effective management of grasslands is a cornerstone for the success of any beef cattle operation, blending both science and artistry. A pivotal step in this management process lies in determining appropriate stocking rates. With input costs soaring in recent years, the days of simply turning out a hundred head of cattle and hoping for the best are long gone. Forage production forms the bedrock of stocking rate decisions, with forage-based pasture grazing emerging as the most economical method for maintaining beef cattle.

Predicting stocking rates entails a systematic approach that involves several key steps:

- Determine daily animal requirements.
- Estimate potential forage production.
- Compare production and requirements to determine stocking rate.
- Periodically monitor pastures for necessary adjustments

However, it's crucial to acknowledge that these calculations are estimations and require periodic adjustments due to weather fluctuations and variations in forage production. When forage is abundant, cattle can consume up to 2.5% of their body weight in dry matter daily. For instance, a 1,000 lb. cow would require approximately 25 lbs. of dry matter per day, totaling nearly 9,125 lbs. annually.

Once the livestock requirements are established, predicting available forage from the pasture becomes paramount. Various methods can be employed for this purpose, ranging from historical records to grass height measurements. For instance, a dense stand of Bermuda grass typically contains around 250 lbs. of dry matter per inch of height.

Maintaining a proper stubble height is equally essential to safeguarding forage resources. Insufficient residual forage after grazing compromises a plant's ability to recover, impacting future forage production. Grazing exclosures and permanent photo monitoring sites serve as effective tools for monitoring residual forage levels.

Determining the stocking rate involves a meticulous calculation based on available forage and animal requirements. For instance, research data may indicate a specific amount of dry matter forage available for the growing season, allowing for a calculated year-long stocking rate. In contrast, height measurement or clipping data may provide a prediction for a shorter stocking period, such as 30 days.

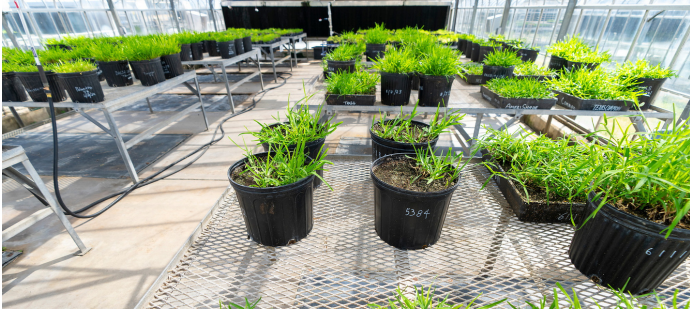
In conclusion, maintaining a balance between forage supply and livestock demand is paramount for the sustainability of beef cattle operations. Failure to meet this balance can lead to detrimental consequences, particularly during droughts. Adjusting stocking rates during such periods not only preserves desirable forage plants but also reduces supplemental feeding costs and aids in rapid range recovery.

Continuous evaluation of range forage ensures that stocking rates align with available resources, preventing long-term damage to both livestock and wildlife habitats. Adhering to strategic stocking rate practices ensures the resilience and longevity of beef cattle operations amidst fluctuating environmental conditions.

HORTICULTURE IN THE EVENING

April 16 • 5:30-7:00pm • Sammy Brown Library

TOPIC: BACKYARD GREENHOUSES



Panola/Harrison County

Horticulture Field Day

Market Tree Farm

785 FM 1794 W., Beckville, TX 75631

April 18 • 9am-noon • Cost: Free



Topics: Introduction to the farm

Mayhaws the Secret of the South: a Look at the Development and Production Practices
Backyard Fruit Production: What does it take to be a Small-Scale Producer



KNOWING AND GROWING THE

Peggy Martin Rose

By Greg Grant, Smith County Horticulturist

In the world of roses, few cultivars captivate the heart and soul quite like the Peggy Martin rose. This remarkable climber, born from tragedy and triumph, has captured the admiration of gardeners worldwide with its resilience, vigor, and spring beauty.

The Peggy Martin rose, also known as the "Katrina rose," rose from the devastation wrought by Hurricane Katrina in 2005. Named after Peggy Martin, a South Louisiana gardener who lost her home, garden, and elderly parents to the storm, this rose miraculously survived the salty floodwaters that submerged her property for weeks. Despite facing seemingly insurmountable odds, the Peggy Martin rose emerged from the wreckage as a symbol of hope and resilience. Friend, Peggy is a mainstay in the rose world, and I have had the pleasure of being on programs with her before and visited her home and rose garden in Gonzales, Louisiana when I was giving a program for the New Orleans Old Garden Rose Society.

Peggy originally collected the "pass-a-long" rambling rose in New Orleans where according to Dr. Welch, Peggy she was given cuttings of the thornless climber in 1989 by Ellen Dupriest who had gotten her rose cuttings from her mother-in-law, Faye Dupriest. Faye had gotten her cuttings from a relative's garden in New Orleans. Peggy then shared cuttings with my mentor, co-author, and now retired Texas A&M AgriLife Extension landscape horticulturist Dr. William C. Welch who named it and introduced it to both the public and the nursery industry.

One of the defining characteristics of the Peggy Martin rose is its vigorous growth and abundant blooms. This climbing rose can reach heights of up to twenty feet, adorning arbors, fences, and trellises with cascades of delicate pink spring blooms. Although not at spectacular, it can also make a repeat performance in the fall which is unusual for rambling roses, most being once bloomers in the spring.

What sets the Peggy Martin rose apart from many roses is its remarkable adaptability to adverse growing conditions. This rose thrives in a wide range of climates, from the hot and humid summers of the Deep South to the cooler temperatures of the Northeast. It is highly resistant to pests and diseases, making it an ideal choice for low-maintenance landscapes and beginner gardeners.

The versatility of the Peggy Martin rose makes it a valuable addition to any garden landscape. Whether trained to climb a trellis, cascade over a fence, or sprawl along a garden wall, this rose adds vertical interest and visual appeal to any outdoor space. Its long, flexible, thornless canes can be trained to weave through arbors and pergolas, creating a romantic and picturesque backdrop for outdoor gatherings and celebrations.

More than just a beautiful flower, the Peggy Martin rose serves as a testament to the indomitable spirit of gardeners and the power of nature to overcome adversity. Planted in gardens around the world, it stands as a symbol of hope, resilience, and the enduring beauty of the human spirit.

PRIVATE PESTICIDE APPLICATOR'S LICENSE

Private Applicator Training

Friday, April 26, 2024

8:30am to 12:30pm

8:00am - Registration

In conjunction with the
Mid-Sabine Cattlemen Conference

TEXAS A&M
AGRILIFE
EXTENSION

**Class Limited to 12 People
RSVP Today!
(903) 935-8413**

\$35 Fee

*Payable at the Door
Cash or Check ONLY*

**Prior to attending
Private Applicator Training**

Go to:

[TDA-PA-order-form-revised-11-22.pdf](#)
(tamu.edu)

to order your course materials!

YOUR UP-FRONT COST

- ✓ **Course Fee: \$35**
- ✓ **Study Materials: \$45**
- ✓ **TDA Testing Fee: \$64**
- ✓ **License Fee to TDA: \$100**

TOTAL COST: \$244.00

**This course will enable you to take
the TDA Exam in Tyler.**

**Upon passing the exam, you can
purchase and use restricted use &
state limited use pesticides.**

**RSVP
Questions?
(903) 935-8413**

**Carthage Civic Center
Conference Room
1702 South Adams St.
Carthage, TX 75633**



SPRAYER MANAGEMENT PRACTICES

Crucial to Preventing Delays

By: Lee Dudley

During the spring and summer months, as agricultural producers actively engage in pesticide spraying activities, adopting proper sprayer management practices becomes paramount to ensure smooth operations and prevent potential delays. Despite being recommended, some essential practices often get overlooked, potentially leading to operational setbacks and equipment damage.

One such crucial practice is the thorough rinsing of sprayers between applications. Pesticides have a tendency to settle at the bottom or cause rapid corrosion within the spraying system, emphasizing the necessity of rinsing procedures. It is advised that applicators conclude their workday with an empty tank. For consecutive days of using the same chemical, thorough flushing with clean water suffices to prevent the drying and hardening of pesticide residues.

To facilitate efficient rinsing and waste disposal, carrying a tote of fresh water ranging from 50 to 100 gallons alongside the spraying equipment proves to be the quickest and easiest method. At the end of the spraying season, flushing the system in the field and spraying the rinse on the field aligns with product guidelines and ensures proper disposal.

However, if a different chemical is to be used the following day, a more comprehensive cleanup is warranted immediately after use. Cleaning agents should be carefully selected based on the herbicide used, with formulations designed to penetrate and dissolve pesticide residues effectively. Ensuring thorough cleaning of all sprayer components, including tanks, pumps, hoses, and nozzles, is crucial to prevent contamination.

As the agricultural calendar transitions into the fall months, many landowners park their sprayers, shifting focus to other farm tasks. During this period, it's imperative to prioritize winterizing sprayers in preparation for the colder months. This simple practice can significantly pay off by avoiding breakdowns and delays come springtime.

To prevent freezing and corrosion, meticulous attention must be paid to each sprayer component. Checking for any remaining liquid and applying a small amount of oil to the pump are recommended steps. Alternatively, radiator rust inhibitors or automotive antifreeze with rust inhibitors can be utilized to protect against corrosion and freezing.

Proper storage also plays a vital role in preserving sprayer integrity during the winter. Sprayers and components should be shielded from environmental elements such as rain, sun, and snow. Storing sprayers in dry buildings or covering them adequately can prevent moisture-induced rusting and UV damage.

It's crucial for producers to refer to their sprayer and pump manuals for specific winterization instructions, as using incorrect materials could void warranties. For further guidance on sprayer maintenance or agricultural matters, producers are encouraged to contact their local Panola County AgriLife Extension Agent for Agriculture and Natural Resources.

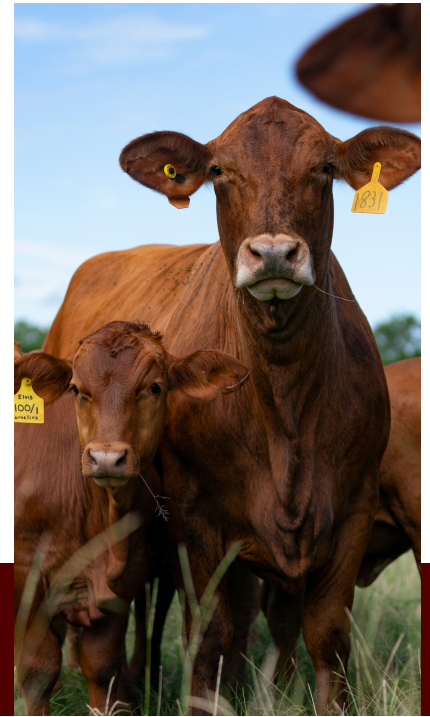
Adhering to these sprayer management practices not only ensures operational efficiency but also safeguards equipment integrity, ultimately saving time and resources in the long run.

Overton Center Beef and Forage Field Day

Thursday, April 11
1710 FM 3053 Overton, Tx 75684
RSVP by April 5 • 903-657-0376

2 CEU Credits:
1 IPM and 1 General

Come learn about the research that is being done at the Texas A&M Research and Extension Center at Overton. Hear from Research Leaders and Extension Specialist.



Ag Industry Breakfast

April 2, 2024

7:00am

Panola County Expo Hall



**Topic: External Parasite Control
in Livestock (1 IPM CEU)**

Diabetes Support Group Meeting

Second Wednesday of every month!

*Topic: We will have a guests
speaker on Exercise*

April 10, 2024

10:00am

Sammy Brown Library



NOURISHING NATURE

The Vital Role of Spring Nutrition in Supporting Local White-Tailed Deer Populations

By: Lee Dudley

As spring unfolds its vibrant colors and warmer temperatures, hunters and wildlife enthusiasts are urged to consider the critical role of supplemental feeding and year-round food plots in supporting the local white-tailed deer population. The significance of springtime nutrition for these majestic creatures cannot be overstated, especially as they enter a phase crucial for their nutrition and reproductive cycles.

Spring marks a pivotal period for white-tailed deer, particularly for does preparing for fawning season. With conception typically occurring in fall or winter, does spend the intervening months nourishing developing fawns. As gestation progresses, the nutritional demands on does escalate, emphasizing the need for abundant springtime nutrition to support fetal development. The window for fawn births spans from early May to late June, underscoring the importance of adequate nutrition during this period.

While does bear the brunt of nutritional demands during spring, bucks also face challenges. The rigors of the rut, during which bucks may lose up to 30% of their body weight due to reduced feeding while chasing mates, necessitate a period of recuperation. Spring provides an opportunity for bucks to replenish their energy reserves and commence antler growth, requiring additional nutrients.

Despite the abundance of natural resources, Mother Nature alone cannot fulfill the nutritional requirements of white-tailed deer. Understanding the dietary preferences of these animals is essential before implementing supplemental feeding strategies. Unlike cattle, white-tailed deer are selective browsers, favoring tree and shrub foliage along with certain herbaceous plants. Forbs and brows comprise most of their diet, with grasses playing a minor role.

To ensure optimal growth and reproductive success, white-tailed deer must consume forages with a protein concentration ranging from 12 to 16 percent. Failure to meet these nutritional requirements can lead to stunted growth and diminished reproductive capabilities. Wildlife managers play a crucial role in providing supplemental forage during periods of nutritional stress, typically achieved through planted forages, food plots, or supplemental feed rations.

In summary, the importance of spring nutrition for area white-tailed deer cannot be overstated. Hunters and wildlife enthusiasts are encouraged to consider the nutritional needs of these animals and take proactive measures to support their well-being. By understanding their dietary preferences and implementing appropriate feeding strategies, we can ensure the continued health and vitality of our local deer populations.

For those seeking further guidance on wildlife management or related agricultural topics, the Texas A&M AgriLife Extension stands ready to assist at their Carthage location. Whether visiting in person or contacting by phone, their experts provide valuable resources and support to the community.

For more information, contact the Texas A&M AgriLife Extension at 316 W. Sabine St. Carthage, TX, or call (903) 693-0380.



Panola County

4-H Round Up



Come and go
anytime between 3-6pm

April 8, 2024
3:00-6:00pm
Extension Office

Contest: Fashion Show,
Educational Presentations, and Public Speaking.

Virtual Entry: Talent Showcase
(send us a video)

Can't make April 8? Contact us to set up an appointment!
Participation at the County Roundup is required to enter the District Roundup



Texas 4-H Reel 'em In SUMMER FISHING

Registration: May 1 - May 31

Fish: June 15 - August 23



*Freshwater &/or
Saltwater Fish!*



Panola County 4-H OUTSTANDING CLUB MEMBER

MUST be turned into Extension Office
with a **4-H Record Book** by
May 31, 2024 @ 4:00pm

These scoresheets will be used for
consideration of the
Outstanding Junior Club Member and
Outstanding Senior Club Member

Junior: Ages 8-13 | Senior: Ages 14-18
Points are based on participation from
June 1, 2023 - May 31, 2024

Forms are on our website!!!

[4-H Record Book Resources - Click Here](#)



SOLAR ECLIPSE


April 8, 2024

Below is a Interactive Eclipse Google Map link that can be very helpful in determining the exact times you will experience the eclipse!

[Click here for Google Map!](#)

32° 09' 26.93" N <-> 32.15748°
 94° 20' 22.27" W <-> -94.33952°
 98.0m (322ft)

Penumbral duration : 2h 39m 54.2s
 (partial solar eclipse) [Help](#)

Obscuration : 98.339%  Magnitude at maximum : 0.97970
 Moon/Sun size ratio : 1.05581

Event ($\Delta T=69.1s$; alt.=98m)	Date	Time (UT)	Alt	Azi	P	V
Start of partial eclipse (C1)	2024/04/08	17:25:54.1	+62.5°	150.5°	230°	03.5
Maximum eclipse (MAX)	2024/04/08	18:45:46.3	+64.7°	195.7°	317°	01.9
End of partial eclipse (C4)	2024/04/08	20:05:48.3	+55.1°	231.1°	046°	11.9

The map will give you a popup like this one. This example is for Carthage. Carthage is outside of the path of totality; however, we will still be able to see a partial eclipse that lasts 2 hours and 39 minutes. The max obscuration is 98%. It also has the start, max, end times available! Regardless of where you live in Texas, you should see at least 78% of the sun being eclipsed by the moon.

Other information resources:

[National Eclipse.com](https://www.national.eclipse.com)

[How to photograph a Solar Eclipse \(Article from B&H Photography\)](#)

[NASA Science Live: How to Prepare for the April 8 Total Solar Eclipse](#)

SAFETY

Above all, please make sure everyone practices proper eye safety and never look directly at the sun/eclipse without proper certified solar glasses. Certified glasses should be labeled with "ISO 12312-2:2015".



We have eclipse glasses for 4-H members in the Extension Office!

All You Need is **You!**

Cardio Exercise without Equipment



Cooperaerobics.com/Health-Tips/Fitness-Files/Cardio-Exercise-Without-Equipment.aspx

You probably already know cardio exercise is good for you. But...you're busy, you're tired and there just doesn't seem to be enough room in your day to work out. We get it! Starting and maintaining an exercise program can seem hard, but it doesn't have to be. Below are some tips on how you can fit cardio exercise into your daily life, starting today!

So, what exactly is cardio exercise?

Cardio (cardiovascular) exercise, also known as aerobic exercise, refers to physical activity that engages large muscle groups (think legs, glutes and core) and increases your heart rate for an extended period.

"A lot of my clients say to me, 'I don't do cardio because I don't like to run'," says Cooper Fitness Center Professional Fitness Trainer Stephanie Hill. "I tell them cardio exercise is more than running. It includes virtually any type of exercise that elevates your heart rate and forces you to use oxygen to circulate blood flow throughout your body."

Cardio exercise is not just good for you, it's essential to your health. In addition to reducing the risk of heart disease, type 2 diabetes and high blood pressure, cardio exercise can also help keep your brain sharp, strengthen your bones, help you sleep better and battle depression.

How much cardio exercise do we need?

Kenneth H. Cooper, MD, MPH, Founder and Chairman of Cooper Aerobics, recommends getting at least 30 minutes of collective or sustained aerobic activity most days of the week complemented by two days of strength training per week.



What is an ideal cardio program?

- The ideal cardio program should be based on the FITT principle:
- Frequency (number of days per week of exercise)
- Intensity (heart rate range you want to achieve and maintain; see below for information about heart rate tracking)
- Time (length of each exercise)
- Type (exercise you will do)

"The more specific you are with goal setting, the more likely you will be to follow through with your plan," says Hill. "For example, if your goal is to increase your overall fitness level, aim for 30 minutes of moderate physical activity at least five days a week."

Can cardio be effective without equipment?

The answer is "yes!" You don't need to invest in specialized equipment or join a gym to get a fantastic cardio workout. You can get a great workout anytime, anywhere! "The first thing I tell my clients is you have to enjoy what you choose to do," says Hill. "If machines aren't your thing, you could go for a brisk walk, jog, swim, go on a bike ride around the neighborhood, you could even dance. As long as you are elevating your heart rate for a sustained amount of time, you are being effective."

What about functional tools? Are they beneficial?

Absolutely! Functional training equipment typically includes kettlebells, weighted balls, plyometric steps and resistance tubing, among other pieces. This equipment enables your body to move in ways that mirror everyday life situations. Use medicine balls to toss around, kettlebells for swings and squats and sandbags or heavy balls for power slams. Not only do they amp up your cardio routine, but they also add strength training to the mix. For instance, while doing a kettlebell swing, you are not only elevating your heart rate, but you're also activating your glutes, hamstrings, core, shoulders back and hips.

For a sample cardio interval workout using body weight and functional tools, watch this Exercise Move video.

Wondering if your cardio workout is paying off?

Ask yourself, is your workout getting easier? Let's say you used to run on the treadmill at a 5-mph pace to increase your heart rate to 160 for the entire 30 minutes. Now you run at the same speed and duration, but your heart rate only gets to 145. That's when you know your body is utilizing oxygen more efficiently and that your cardio program is working. "And don't forget to keep an eye on your heart rate recovery time," adds Hill. "After a moderate to intense bout of exercise your heart rate should return to slightly above normal a minute after you have completed your work."

Is heart rate tracking important for cardio training?

Knowing your heart rate range during training can help you set and achieve your weight loss and fitness goals, provide insight into your fitness level and help you burn more calories. Fitness tracking can also help maximize your workout time in and out of the gym.

What kind of tracking device is best?

The chest strap is the most accurate option because of its proximity to the heart. However, some people find them uncomfortable to wear. A good second option is the wrist monitor which typically gives you the added benefit of showing you your activity and steps throughout the day. The same thing is true of a ring monitor.

What's the most important thing to remember?

"The most important thing is to just get your body moving!" exclaims Hill. "Aim to exercise regularly, no matter what type of cardio exercise you choose, always making sure to listen to your body and adjust your workouts as needed to prevent overtraining and injury."



The Ronald Barlow Memorial 3-D Archery Meet *30 target match*

April 27

Fairway Farms - San Augustine

Register by April 12

\$30/person + \$5 target replacement fee
includes 1 hamburger basket and drink



Bow Classes:

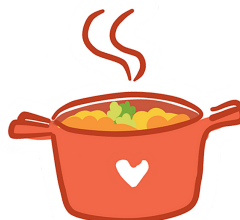
Traditional / Recurve / Long Bow
Compound Aided
NASP Genesis Barebow



4-H Cookin' Night

May 9 • 5:30pm
Extension Office

We will have a cooking demo by
Charlie Rodriguez
Healthy Texas Youth Ambassador





— THE PANOLA EXTENSION —

Panola County AgriLife Extension Service

Address:

316 W. Sabine St.
Carthage, Texas 75633

Phone:

(903) 693-0380

Email:

panola-tx@tamu.edu

Website:

www.Panola.AgriLife.org

Facebook:

 [/PCAgriLife](https://www.facebook.com/PCAgriLife)

LEE DUDLEY

Agriculture & Natural Resource, County Coordinator

CLARISSA MOON

Family & Community Health, 4-H Coordinator

LANI WEST

Support Staff - Secretary

TEXAS A&M
AGRI LIFE
EXTENSION

